

## **Training students to be autonomous learners**

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### **Abstract**

The role of students' self-education is being enhanced in Russian higher education as a result of the Bologna Process, which emphasizes independent cognitive activity among students. This process involves a paradigm shift in higher education from "teaching" (when the person is taught) to "learning" (when the person learns independently). We developed and tested a special course called "Learning to Learn," which included twenty-eight hours of lecture presentations and practical classes, as well as eight hours of individual tutorials. To make the process more effective, we designed special guidelines on self-education activities. The course included the study of three modules: theoretical aspects of self-education; the design of students' individual educational routes and portfolio technology; and techniques for organizing students' self-education. "Learning to Learn" was successful, as most of the students expressed their willingness to participate in self-education, and they learned how to do it. This course was the first step in helping students organize their self-education, a valuable practice that will allow students to continue to learn over the course of their lifetimes. © Common Ground, Rimma Raisovna Sagitova, All Rights Reserved.

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### **Keywords**

Autonomous Learner, Lifelong Learning, Self-education Activity